

News Briefs

COMUSAFE, Command Chief visit

Gen. William T. Hobbins, USAFE commander, his wife Robbin, and Chief Master Sgt. Gary G. Coleman, USAFE command



**Command Chief
Master Sgt.
Gary G. Coleman**

chief master sergeant, visit the 52nd Fighter Wing this weekend. The general and chief will tour the base as well as attend the wing annual awards dinner Saturday at Club Eifel. General Hobbins will be the guest speaker.



**Gen. William T.
Hobbins**

Officer's Call today

Gen. William Hobbins and his wife Robbin will host an Officers and Officer Spouses call today at 4 p.m. at Club Eifel. All officers and their spouses are encouraged to attend. Please be at the club no later than 3:45 p.m.

AFAF training Tuesday

The Air Force Assistance Fund training class takes place Tuesday in the 52nd Maintenance Group conference room, located in building 22. Col. Thomas Berghoff, 52nd Fighter Wing vice commander, is the guest speaker. Call Master Sgt. John Lincoln at 452-7665 for details.

Stoplights on Perimeter Road

Perimeter Road now features stop lights at the north end of the runway, near the 606th Air Control Squadron compound. The purpose of the lights is to stop traffic while cargo aircraft land during reduced visibility or adverse weather conditions. The lights are incorporated as a safety feature to enhance CAT II arrival procedures.

BHS improvement meeting Monday

All parents of Bitburg High School students are encouraged to attend a school improvement meeting Monday from 8-10:30 a.m. in Room 113. One of the topics to be discussed is the school's upcoming accreditation visit. E-mail tami.elder@eu.dodea.edu or call 452-9202 to reserve a seat.

Toll free number to get home

The command post now has a toll free number, 0800-GET-HOME (438-4663). Sabers who need help or do not have money for a pay phone can use the number. For details, visit any first sergeant.

Just clowning around ...

Bitburg's mayor gets wacky on AFN radio.

Learn more about Fasching parades, events on Page 7.



Eifel Times

Vol. 40, Issue 8

Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

Feb. 24, 2006



Senior Airman Kristin Ruleau

Tuskegee Airmen visit Sabers

Tech. Sgt. John Balok, 52nd Equipment Maintenance Squadron F-16 phase dock chief, talks to Tuskegee Airmen Lt. Col. (ret.) Lee Archer, Asa Herring and Bob Ashby, Tuesday about the 400-hour phase dock process. The three original members of the famed flying unit are visiting Spangdahlem Air Base as a part of February's Black History Month.

Wing renovates command post State-of-the-art facility houses WOC, MOC

Story and photo by
Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

A ribbon cutting ceremony for the 52nd Fighter Wing command post, or wing operations center, takes place today after seven months of construction and renovation on the building.

Referred to as a Cold War relic by the WOC chief, much of the infrastructure and equipment at the WOC was outdated and required replacing, and needed to be brought up to U.S. Air Forces in Europe and Air Force standards.

"Not only did we upgrade the wing and equipment, we made dramatic changes to the layout improving the functionality of the facility," said Capt. Stephen Clark, 52nd FW WOC chief. "Our biggest and most noticeable improvement was the construction of the wing battle staff, which in the past only had a room for a few leaders. Now the facility can accommodate the entire wing leadership and many other key players, greatly expanding our command and control ability."

Another improvement to the facility are the state-of-the-art communication consoles currently being installed. They use touch screen technology to connect to emergency action and maintenance operations center controller's telephones, UHF/VHF radios and land mobile radios at the touch of a fingertip.

"(The 52nd Communications Squadron) worked to ensure that the command post was equipped with the latest technological upgrades in command and control communications," said



Capt. Stephen Clark, 52nd Fighter Wing operations center chief, speaks to his staff at the newly renovated battle staff in the command post Wednesday. The room can now accommodate all wing leadership, expanding their command and control ability.

2nd Lt. Amanda Uyenishi, 52nd CS wire branch OIC. "A new secure (video teleconference) suite will also be incorporated into the conference room once the renovations are completed."

Even with all the newest technology, it is simple things like a new kitchen facility that can be a big morale booster, said Master Sgt. Diane Yateman, 52nd FW command post superintendent.

"Right now, controllers who are on 12-hour shifts are eating fast food or frozen dinners. This gets very boring. The new kitchen will allow them to eat a greater variety of healthier meals throughout the day," she said.

When people talk about the command post, they are normally referring to the emergency action controllers, but here at Team Eifel, it actually includes two enti-

ties – the command post and the maintenance operations center.

"We are responsible for recalling personnel, coordinating unit-critical activities, monitoring flying operations and reporting time-critical information to higher echelons," the captain said. "However, in addition to the command post controllers, we also house the (maintenance operations center) for the 52nd Maintenance Group."

The MOC monitors and coordinates sortie production, maintenance production and execution of the flying and maintenance schedules while maintaining visibility of fleet health indicators.

Construction began in July 2005 and the 24/7 controllers expect to move into the new facility by the end of March.

RESCON Watch

CHARLIE

3 DUIs in the Last 30 Days

Days since last DUI: **13**

Rank of last DUI: senior airman
Squadron of last DUI: 52nd AMXS

Large unit with best record: 52nd Communications Squadron, 412 days
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

CMSAF testifies on quality-of-life issues

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON -- Chief Master Sgt. of the Air Force Gerald R. Murray testified on Capitol Hill Feb. 15 about Air Force quality-of-life issues before the House Appropriations Committee subcommittee on military quality of life, veterans affairs and related agencies.

"I truly believe, and I think you'll agree, that our Airmen's quality of performance is directly related to their quality of life," Chief Murray said.

Chief Murray cited the current top three quality issues for Airmen -- pay and benefits, housing availability and costs, and education.

"Our education is critical to the 21st century capabilities of our force," he said. "We've come to expect more from our Airmen today than ever before, and even more will be expected of them in the future."

He said the value of education benefits is particularly important to Airmen with the ongoing Air Force transformation.

"Education enables members to fulfill personal goals, stimulates innovation and critical thinking and improves overall force readiness effectiveness," Chief Murray said. "Knowledge and innovation are inherent to our Air Force heritage and service cultures. Education benefits are a win-win for all our services and they must remain strong."

Chief Murray explained how the air expeditionary force construct has been a great benefit to the Air Force transformation and quality of life.

"Our AEF organization is a model of global agility, efficiency and military effectiveness -- a modern design for a modern world," he said. "Our 21st century force is 40 percent smaller than that Cold War force we went into Desert Storm with. It is, however, vastly more capable, more agile and more lethal than before."

"The AEF provides lethality and economy of forces for in-theater combatant commanders while providing predictability and stability at home -- a huge quality-of-life bonus for our Airmen and their families," he said.

Chief Murray also addressed possible future quality-of-life concerns for Airmen and their families.

"Health care would be a higher concern, but right now it is given; as long as it is given, our Airmen are satisfied," he said. "But, because of the interest right now in health care and the rising costs to it, it is up on the scope."

Another future Air Force quality-of-life challenge is the environment it faces with changes made as a result of Base Realignment and Closure and Quadrennial Defense Review.

Chief Murray said the balance between modernization of the force and force structure, which calls for the reduction of more than 40,000 total force members, is high on the minds of Airmen.

"Your Air Force has laid out a good plan to do (this) and we will continue to take great care of our people in doing so," he said.

Chief Murray testified for the last time on Capitol Hill as he will retire later this year.

Speed too fast, icy conditions causes accidents last week

By David Barker
52nd Security Forces Squadron

Team Eifel had no DUIs this past weekend. There were, however, five major wrecks, 16 minor wrecks and an on-base DUI from a 702nd Munitions Support Squadron member this week.

The first major crash occurred on Spangdahlem Air Base at the control tower. The driver was traveling too fast and drove into the retaining wall around the tower, totaling the car without injuring the driver.

The next major wreck was on the B-50 near the Albachmuhle hotel. The driver was also traveling too fast for road conditions.

The third major crash occurred on the B-50 near the Beilingen turn off as a result of driving too fast. The vehicle hit another vehicle, but without injury.

The next major wreck happened when a driver failed to yield and hit another vehicle in Mulburg.

The last major crash occurred on the A-62 near Ramstein Air Base. Speed and icy conditions caused this crash.

Team Eifel members were involved in 16 minor wrecks: three from speeds too fast, three from improper backing, eight from inattentive driving, one involved wildlife and one involved another at fault.

Not sure? Go secure!

Wing XP shares OPSEC tips

By Master Sgt. Roberta Dehn
52nd Fighter Wing
Plans, Programs and Inspections Office

It happens more often than people think -- the discussion of classified or sensitive information on a government telephone. How does this happen when every telephone has or should have the red DD Form 2056 which serves as a reminder that telephones are subject to monitoring at all times?

In each work center there is certain information that is essential to the success of the unit and its mission. Although this kind of information is not necessarily classified, it is sensitive enough that, when combined with other information or actions, it could lead the adversary to derive critically important classified information.

"Critical information," as it is called, is the generally unclassified evidence of unit operations or detectable activities. Here are some examples ...

- * distinguished visitor itineraries
- * recall rosters
- * TDY schedules
- * flying schedules
- * aircraft arrival/departure times
- * unit manning
- * leadership schedules
- * network capabilities

They all deal with specific facts about military intentions, capabilities and vulnerabilities. Determined individuals can easily collect data from unsecured sources such as government telephones, the Internet, handheld radios and cellular phones. If an adversary knew this critical information, unit mission accomplishment and personnel safety could be jeopardized.

This is where Operations Security, or

OPSEC, comes in -- as the name suggests, it protects unit operations -- planned, in progress and those completed. Military success often depends on secrecy and surprise to accomplish the mission quicker and with less risk. Simply put, OPSEC is a common sense approach to protecting unit mission, people and assets.

There are several OPSEC measures that can be used in day-to-day operations with little effort but big payback. The first measure is to be cautious about what is said on unsecured telephones.

Remember, no talking around a sensitive subject when secure means should be used. Also, keep sensitive information on a "need-to-know" basis; don't just talk for talking's sake. Post the critical information list beside all unit phones for quick reference.

The second measure is to watch what is sent through the unclassified e-mail system. Contrary to popular belief, this electronic medium is not encrypted and is extremely vulnerable to interception.

The .mil system is not a secure means, so make it a habit to send critical information using a classified system. A further safeguard is to turn off the "reply with original e-mail" option in Outlook. This keeps the information to a minimum and limits the "need-to-know" history.

The third measure is to control what is thrown away. Make it an office policy to shred everything. Office trash can easily be the adversary's treasure.

OPSEC can only be effective when practiced by everyone. It only takes one person to be the weak link and diminish mission success. Get serious -- think OPSEC!



Senior Airman Eydie Sakura

Welcome to the Eifel

Easter Sarnecki, family support center cultural orientation instructor, talks to new Sabers about German culture and gives an introduction to the German language at the Willkommen Center Thursday. The three-day Individualized Newcomer Treatment and Orientation, or INTRO, program is designed to help welcome the newest Team Eifel members to the 52nd Fighter Wing. The day also includes tips on house hunting, banking and paying bills, VAT forms, phone and Internet services available, as well as a base tour. For more information on the Willkommen Center's programs, call the FSC at 452-6422.

Good Conduct Medal eliminated, explained

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON -- The Air Force Uniform Board announced Feb. 6 that the Good Conduct Medal will no longer be awarded.

The Air Force director of Airman development and sustainment recently explained the reasons behind this decision.

"The quality of our enlisted personnel today is so high, we expect good conduct from our Airmen," said Brig. Gen Robert R. Allardice. "It begged the question, 'Why do we have a Good Conduct Medal?'

"Having a medal for good conduct is almost to say we don't expect Airmen to do well, but if they're good we will give them a medal," he said. "It's kind of insulting in our Air Force today."

One must look at the history of why the medal was created in the 1960s. The military was using the draft and involved in the Vietnam War. The Air Force didn't have any other method to recognize Airmen. Today, the Air Force Achievement Medal recognizes outstanding Airmanship.

Airmen who have previously earned the Good Conduct Medal are still authorized to wear it.



Courtesy photo

Top Saber Performer

Name: Tech. Sgt. Dennis Blackmon
Unit: 52nd Aircraft Maintenance Squadron
Duty title: Unit deployment manager
Hometown: Rockwood, Mich.
Years in service: 15
Contributions to 52nd Fighter Wing mission successes: Tech. Sgt. Blackmon was a key player in the squadron's deployment of 720 maintenance personnel and 683 short tons of cargo to more than eight different countries in less than 12 months. This feat includes the first-ever F-16 deployment to Lithuania for NATO Baltic Air Policing. He also ensured the mobilization of 180 personnel and movement of 260 short tons of equipment during the

2005 Headquarters U.S. Air Forces in Europe Phase 1 Operational Readiness Inspection. Sergeant Blackmon's keen focus on scheduling personnel mobility requirements resulted in the squadron rate increasing from the wing's mobility standard of 85 percent to 92.9 percent.

Off duty volunteerism and professional development: Sergeant Blackmon volunteered numerous hours in many base events, including Operation Warm Heart which raised more than \$9,000 for Eifel families; the annual Air Force Ball, the Airman Against Drunk Driving program, and the Airman and Maintenance Professional of the Quarter boards. He is an active member of the base Tier Two organization, the local Veterans of Foreign Wars and is pursuing his Community College of the Air Force degree in aerospace technology.

What do you do for fun: Hiking through the woods with my family, enjoying nature and riding bikes down the Mosel River.

What do you like the most about being stationed here: I enjoy the European culture and the relaxing lifestyle.

What's one thing you'd like to see changed or improved at Spangdahlem AB? The enforcement of traffic laws for vehicles not meeting the road standards. I would also like to see all Sabers lend a helping hand by offering people they see walking on base a ride, especially during the winter.

52nd Maintenance Group

Have a malfunctioning component on an F-16? **Airman 1st Class Javier Pupiales** is the go-to guy who flawlessly replaced faulty components on four F-16s. His efforts saved 16 man-hours and returned each aircraft to service three hours ahead of schedule.

52nd Medical Group

We knew we had the best medics in the Air Force, but here's the proof! Salutes to **Lt. Col. Anita Wolfe**, the Air Force Medical Service's Senior Nurse Executive of the Year 2005; **Maj. Ritchie Grissett**, Certified Registered Nurse Anesthetist of the Year; **Capt. David Gill**, the Health Benefits Manager of the Year; and **Capt. Keith Waid**, the Logistics Officer of the Year. Salutes to **Cpts. Keith Waid and David Gill**, the Air Force's best logistics and Tricare Overseas Program administrative company grade officers of 2005. Cheers to **Tech. Sgt. Dave Caceres**, for coordinating and scheduling the 52nd Medical Support Squadron Airmen Against Drunk Driving weekend.

52nd Mission Support Group

Even Dr. Phil might envy **Staff Sgt. Christopher Hodgson**, who works at the 52nd Civil Engineer Squadron Self-Help Center. Sergeant Hodgson helped the 23rd Fighter Squadron route a work order in record time, gathered



supplies and personally trained squadron members on installation procedures and techniques so they could finish their briefing room on target. Yo Adrian! **Staff Sgt. Rocky Sasse** earned the January NCO of the Month award while deployed to the 447th Air Expeditionary Group downrange.

38th Munitions Maintenance Group

It's good to have a Glick in the system ... **Staff Sgt. Sean Glick**

identified a cracked feed horn assembly on a critical emergency action communications system leading to its expedient repair and curbing a possible two-month outage. The king of time management is **Senior Airman James Kulpa**, who acquired vital components and delivered 23 calibrated instruments for inspection. He also ensured the timely inspection of two mission-essential vehicles, saving the Air Force 84 man hours and \$1,000 in maintenance and fuel costs.

CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations: **Senior Airmen Jay Brown and Odis Tucci**, and **Airman 1st Class Anthony Placho**, 93; **Rainer Schikofsky**, 92; **Staff Sgt. Brandon Holloway** and **Airman 1st Class Kalilimoku Hunt**, 90. (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Eydie Sakura

Top Saber Team

Unit name: 52nd Logistics Readiness Squadron Vehicle Maintenance Snow Removal Repair Team

Unit responsibilities: The team provides complete repair support for all 52nd Fighter Wing snow removal vehicles and equipment at Spangdahlem Air Base and Bitburg Annex. The team fixes or replaces hydraulic pumps, hoses and valves, and maintains the engines, transmissions and electrical systems. Team members provide 24-hour snow vehicle maintenance and repair support during periods of inclement weather to ensure equipment readiness. The team remains on standby from the beginning of winter through spring, working through holidays, down days and goal days to support snow removal whenever it is needed.

Number of members: 14

How does the team fit into the 52nd FW's mission? The Snow Vehicle Repair Team keeps our snow removal vehicles running smoothly so the snow removal team can keep the runway and taxiways clear of snow and ice, which ultimately helps ensure 52nd FW and 726th Air Mobility Squadron mission success.

Team's other contributions through the year? Since April 1 the team has worked extensively to ensure the snow fleet readiness and durability necessary to withstand harsh winter operations in the Eifel. More than 200 hydraulic hoses have been replaced along with four hydraulic pumps, and 26 scheduled inspections have been done to facilitate a successful winter operation. When not performing snow asset repairs, the team filters into six other vehicle maintenance elements to maintain the wing's 969 other vehicles and pieces of equipment. The team has been instrumental in completing more than 200 repairs to a complicated and diverse vehicle fleet, of which 85 percent is more than 10 years old.



Capt. Tom Crosson

Saber connect

Capt. Melissa Hergan, 52nd Aerospace Medicine Squadron optometrist, speaks with **Col. Dave Goldfein**, 52nd Fighter Wing commander, as part of the Commander's Mentorship Program recently. An Endicott, N.Y., native with more than three years of Air Force service under her belt, Captain Hergan cited her win as Air Mobility Command Company Grade Optometrist of the Year for 2004 as a noteworthy accomplishment. A strange and interesting fact is that the captain has a twin sister in San Diego who is also a doctor.

Tax center now open

The base tax center, located in building 129, is open for walk-in service Mondays and Wednesdays from 8 a.m. to 4 p.m. and for appointments Tuesdays and Thursdays from 8 a.m. to 4 p.m. The center is open in the morning on Fridays for 1040EZ and 1040 customers only. Call 452-1040 to schedule an appointment or for more information.

BMS teaches 'Generation @' cyber safety

By Garrison Poppe
Bitburg Middle School

Xanga? Myspace? Buzz-oven? Team Eifel members confused by these terms can ask a teenager who will explain that by putting a ".com" after each phrase, they can stay in Internet contact with their friends.

Unfortunately, predators use the same Web sites to communicate with unwitting children and teens. Coupled with deceit and manipulation, predators use the same technology that children are familiar with to prey upon today's teens or "Generation @."

With technology readily available, the threat to children is more real than many parents are aware. To help combat the dangers that lurk in the shadows of the Internet, Bitburg Middle School devoted Feb. 3 as a day of online safety training for students.

i-SAFE is a non-profit organization, endorsed by the U.S. Congress, designed to educate and protect students from the many dangers the Internet unintentionally brings into homes.

i-SAFE lessons covered at BMS included Cyber Citizenship, Personal Safety, Cyber Security, Intellectual Property, Cyber Bullying and Predator Identification.

During i-SAFE Day, BMS students visited five different classes to learn about different subjects, such as online predators and computer viruses.

Eighth graders Mitchell Chrisiansen and Kelsey Wilson learned about pirating. Downloading information available for purchase, such as music and movies, is just like walking

into a store, grabbing something off the shelf and walking out without buying it, Ms. Chrisiansen explained.

"I enjoyed acting out the court case in which the defendant was pirating music off the Internet," she said.

The Predator Identification course taught Allyson Barksdale that predators will lie to gain children's trust and will try to meet them in person.

"I know that I should never give out personal information to people online that I don't know," said Ms. Barksdale.

Norman Correa said he learned that screen names can reveal information about people, such as ages, genders, first or last names and where they live. Revealing personal information online can provide predators just enough information to meet and possibly bring harm to a youth.

Brittany Russo was surprised when she learned about five teens who had been sexually approached online.

"One of the most valuable things that I have learned is that most kids are vulnerable to anything an Internet predator might say," said eighth grader Brooklyn Panfil. "Internet predators may seem like your friend, but they are stalking kids our age and want to hurt us."

Team Eifel members can visit the i-SAFE America, Inc. Web site at www.isafe.org for more information about online safety.

Armed with Internet safety tips, Generation @ and parents can enjoy the convenience and instant communications chat sites offer without the worry.



Keep children safe online

By Brenda Painter
Bitburg High School

i-SAFE America, Inc., a non-profit organization that educates students about online safety, offers the following tips to protect young Internet users from cyber deceit. Visit www.isafe.org for more information.

Go anonymous -- Parents can encourage children to keep identities safe by teaching them not to share personal information over the Internet, such as real first or last names, phone numbers, addresses or school mascots. Using an anonymous, gender-neutral User ID instead is one way Internet users can prevent identification theft and protect children from online predators.

Password protection -- Computer users should never share their passwords with anyone. Passwords should contain capital letters, symbols, numbers and lowercase letters. Passwords should not be a word that can be easily obtained through general conversation, such as pet's names or places where the user has lived.

Meet only in cyberspace -- Parents should ensure children's online interaction stays online. If meetings are school related, check with school faculty members.

Refuse bullying -- Children who are being bullied online should tell their parents, teachers or other adults whom they trust. Users should not open or read messages from users who are bullying them. Users who are being bullied through online chat sites or instant messaging can apply a "block" on the violator's e-mails.

Report harmful intentions -- When a situation does not seem right, it probably is not. Team Eifel members of any age who are threatened with harm should inform security forces. Do not erase the electronic messages -- store them in a folder unopened and unread for inspection by the proper authorities.

52nd MDOS encourages talking to kids about drugs

By Mark Tack
52nd Medical Operations Squadron
Drug Demand Reduction Program

Young people who use drugs or drink are more likely to be victims of violence, engage in unsafe sex practices, experience failure in school, be seriously injured or killed from risky behavior or become addicts. Youths need to hear directly from parents and caring adults where they stand on the issue of drug use.

Communicating with children and teens about such tough subjects in a way that they will listen can be difficult, but there is help. The Children Now and the Kaiser Family foundation offer the following tips.

1. Listen carefully: When parents take the time to listen to their children's feelings and concerns, their children will be more likely to discuss tough issues with them and are more likely to remain drug free.

2. Role play how to say "no" with confidence: At some point in children's lives they may come face to face with someone who

wants them to try drugs. It becomes even tougher when the people offering them drugs are their friends. This is especially true for the club drugs that some falsely consider safe. Role playing is one way parents can help their children practice saying "no" to drug use.

3. Encourage choice: Allow children plenty of opportunity to become confident decision makers. As children become confident as a person who makes good choices, you will become more positive as a parent that your kids are making the right ones. This is vital because as our children get older we have less control over their busy lives and trust becomes a necessity.

4. Establish a clear family position on drugs: It is okay for parents to be firm on this one, "We don't allow any drug use, and children in this family are not allowed to drink alcohol." Studies prove that children do better when parents take a firm anti-drug position. Opinions such as, "If they are going to drink or use drugs, I would rather have them do it in front of me" are generally a bad idea and do not work.

Parents must be clear regarding club drugs such as ecstasy because some teenagers don't consider these "real drugs."

5. Be a good example: It sounds obvious, but many parents don't demonstrate a positive example. An example would be parents who take a correct anti-drug position, but demonstrate irresponsible use of alcohol. Children are intelligent and will be the first ones to pick up on this inconsistency. Parents are definitely role models.

6. Build self esteem: Children who have goals and feel positive about themselves lack reasons to turn to drugs. Parents and peers should offer children praise for accomplishments and plenty of encouragement for their endeavors.

7. Teachable moments: Opportunity abounds for parents to bring up the subject of drinking or drugs. Newspaper articles and televised news stories that clearly show the negative consequences of drug use serve as a good opening for honest discussions about things often associated


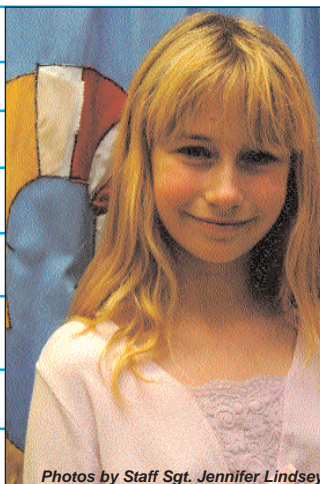
with drug abuse, such as overdose, violence, rape, HIV infection and prison. Anti-drug abuse advertisements also provide excellent opportunities to discuss the issue.

8. Educate yourself: Parents should learn about current "drugs of choice" and their street names. Good information includes, the indicators that a child may be using a particular drug, what establishments in town are associated with drug use, and where parents can turn if they suspect a problem.

9. Seek help if there is a problem: The earlier a potential drug or alcohol problem is identified and treated, the more optimistic the outcome will be. For additional information, parents can contact the Spangdahlem Air Base ADAPT office at 452-8321 or the Demand Reduction office at 452-8299.

For more information about substance use, visit www.drugfree.org, www.justthinktwice.com, www.clubdrugs.org and www.freevibe.com.

When the *Eifel Times* asked Spangdahlem Elementary School fourth grade students, "What is the No. 1 reason why taking illegal drugs is bad for you?" This is what they said:

	"They can kill you." -- Dakota Lapioli		"They can make your lungs black and give you brain problems. They might not let your body function well and then your body might stop working." -- Rachael Brewer		"They make you sick and they're against the law." -- Demitri Carty		"They can harm you. They make your body systems not work as they should or make you sick." -- Kendra Rhein
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Photos by Staff Sgt. Jennifer Lindsey

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Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
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Published by

Verlag & Druck
Wittich KG, a pri-
vate firm in no
way connected
with the U.S. Air
Force, under
exclusive written
contract with the

52nd Fighter Wing. This commercial
enterprise newspaper is an authorized
publication for members of the U.S. mil-
itary services overseas. Contents of
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Editorial content is edited, pre-
pared, and provided by the 52nd
Fighter Wing Public Affairs Office staff.
All photographs are U.S. Air Force photo-
graphs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ [DirectLine@spangdahlem.
af.mil](mailto:DirectLine@spangdahlem.af.mil)

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

February Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	325	168	- 46
23FS	374	248	- 20
81FS	225	184	+ 14

*Delta is contract vs. sorties flown to date.

Through Feb. 21

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Feb. 24, 2006

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Pulpit purpose

Chaplain Services: Here to serve

Unit focuses on helping Airmen with their spiritual growth and questions

By Chaplain (Lt. Col.) John C. Sanders
52nd Fighter Wing Chaplain

From time to time, I am asked the question,
“What do you do as a chaplain?” The answer
may seem obvious to some, but not so obvious
to others.

Simply put, we as chaplains are here because
you are here. Whether at home station or TDY,
you have either direct access or, sometimes
when deployed, indirect access to a chaplain to
exercise your right to freedom of religion as
guaranteed by the Constitution.

That is the official Department of Defense
answer to the question of what we do.

But what we really do may surprise some of
you. We offer counseling for every conceivable
situation in which a person can find him or her-
self. We regularly visit every unit and are avail-
able 24 hours a day, seven days a week, 52
weeks a year to all in need.

We run myriad religious programs and con-

*Just as we take care of our-
selves physically, we also need
to take care of ourselves spiri-
tually. We exercise physically
... we should also exercise
spiritually. Stretch your faith
... read, put it into practice
more and discuss faith with
others.*

duct weekly worship services; we conduct spe-
cial services like memorials and weddings; we
sit on just about every committee, board, coun-
cil, group and staff on the base and attend lots of
meetings. We brief first-term Airmen, newcom-
ers, deployers and spouses, give invocations at
special occasions, play in every exercise and
respond to real-world situations. We go TDY and
deploy just like everyone else. Yet there is some-
thing much deeper that we do as chaplains.

Our forefathers understood that we have a
spiritual nature as well as a physical nature. In
today's Air Force we place special emphasis on
the physical and being physically fit. The bal-

ance to the physical is the spiritual. This is
where chaplains come in.

Just as we take care of ourselves physically,
we also need to take care of ourselves spiritually.
We exercise physically ... we should also exer-
cise spiritually. Stretch your faith ... read, put it
into practice more and discuss faith with others.

We are careful about what we eat and drink
... we should also be careful about what we take
in spiritually — what we read, watch on TV or
in movies, what games we play, and what we
look at on the Internet, since all those things
affect our spiritual nature. It does make a differ-
ence spiritually what we take into our hearts and
minds.

We need proper rest to regenerate physically,
and we need to do the same spiritually. Spend
time in the quiet to pray, meditate, reflect. I
think you will be surprised at the energizing and
healthy effect this will have if you make the time
to do this regularly.

Remember, as chaplains, even though we may
come from a particular faith, we are not here to
force our beliefs on you, but to help you express
YOUR freedom of religion. No matter how busy
we are, we always have time for you and will be
glad to help you in your faith journey because ...
We are here for you!

Tipping the scales

True success includes established balance of meeting family needs, work responsibilitities

By Lt. Col. James Neice Jr.
52nd Logistics Readiness Squadron
commander

As the father of a daughter who
graduates high school this June, I
find it easy to think back on the past
17-plus years and wonder if I've
done all I can to prepare her for life.
I confess that when she leaves for
college this fall, I'm going to miss
her contribution to the day-to-day
“busyness” that describes our family.

It also leads me to wonder if I've
been successful setting aside enough
time for my family amidst the daily
demands of Air Force life. It's cer-
tainly a struggle sometimes.
Balancing family and work responsi-
bilities creates a challenge to divide
my time appropriately between the
two.

Somewhere between the suspens-
es, meetings and task lists, it's easy
to forget one of your most important
responsibilities: your family. From
missed date nights to band concerts
to soccer games, it's easy to lose that
balance at the expense of family
time. Granted, when the mission
calls, Air Force commitments take us

away from our loved ones, and they
understand that. It's part of our mili-
tary calling. The difficulty, however,
is maintaining our focus on family
and letting them know they are just
as important as work.

Often, we set out to meet work
goals, and in the midst of it all forget
that waiting at home is a young boy
wanting to play catch, a teenage girl
who needs to talk, or a spouse who
needs to be treated with all the atten-
tion we used to give when we were
dating.

I'm convinced our families need
some of our best time, not just our
leftover time. So, before running to
that next meeting, here are five ideas
that may help you balance work and
family.

Craft a family mission state- ment

We do this at work - it's just as
important to be intentional as a fami-
ly. Our family has been working on
this for the past year as we strive to
be on the same page in terms of life
purposes and the principles that gov-
ern our time together.

Carve out a set time for your family

Put it on your calendar. Stop try-
ing to get one more thing done
before you leave for home. Plan your
week with specific end times and
stick to them as much as possible.

Develop activities with your family as a whole or with indi- vidual family members

Try volksmarching or biking
(Europe has some awesome opportu-
nities!), skiing or just breakfast with
your spouse each day. The possibi-
lities are endless — so choose some
and have fun!

Schedule “date nights” with each child and your spouse, and focus solely on them

It doesn't have to be expensive;
time is the critical ingredient here.
Reading novels out loud together has
been one of our favorites.

Ask questions

At the end of a day, ask your kids
and spouse these two questions,
“What happened today of which
you're proud?” and “What happened
today that you wish you could do

over?” You might be surprised what
you learn.

If your family were to describe
your performance as a spouse and
parent, what would they say? If
you're not happy with the words
echoing in your head, it may be time
to make some changes. Proverbs
11:29 says “Exploit or abuse your
family, and end up with a fistful of
air.” When my work years come to
an end, I want to be holding more
than air, don't you?

I remember one night when my
daughter was about ten. She was
upset while getting ready for bed
because I had let daily demands pre-
vent me from spending enough time
with her. On the spur of the moment,
I told her to get out of bed and put
her sneakers on, and off we went to
the nearest Sonic for a Fruit Slush
and talk time. She still talks about
that night, especially the fact that she
was allowed to go in her PJs. That
short trip took maybe an hour; my
memory of that trip will last the rest
of my life.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Breastfeeding support group

A breastfeeding support group meets the last Tuesday of each month from noon to 1 p.m. in the WIC-Overseas office at Bitburg Annex, building 2002. Children are welcome to join their mothers, and people are advised to bring a lunch. For details, call Erin Locke at 452-9093.

Read Across America

Reading volunteers are needed for Read Across America day Thursday from 1-2:15 p.m. at Spangdahlem Elementary School. Call 452-9215 for details.

German-American trip

The German-American Women's Club of Bitburg travels to Ostfriesland in northwest Germany May 1-4. The reservation deadline is Tuesday. E-mail h_detmers@yahoo.com or call 06565-933401 for details.

Patient safety awareness

National patient safety awareness week is March 5-11. Learn more about becoming involved in personal health-care decisions by visiting the 52nd MDG information table Wednesday at the Spangdahlem AB commissary; Thursday at the Spangdahlem AB clinic; and March 3 at the Bitburg Annex hospital. For more information, call Karen Williams at 452-3123.

BHS motivational day

Bitburg High School is holding a motivational day assembly Thursday at 2 p.m., in hopes of inspiring students to work harder. Col. Kimberly Toney, 31st MSG commander from Aviano AB, Italy, and former BHS student, class of 1980, is the guest speaker for the day. People interested in jotting down inspiring comments and success stories for the students to read, send an e-mail to denny.lemmon@eu.dodea.edu.

Teen aviation camp

The registration deadline for the Air Force Services Teen Aviation Camp is Wednesday. Camp takes place June 3-9. Any Air Force family member who will

be a sophomore or junior in high school during the 2006-2007 school year is eligible to apply. Interested teens must complete a nomination form and familiarization exam and submit the package to the Bitburg Annex Teen Center in building 58 or the Spangdahlem AB youth center in building 427. Call Sally Fuller at 452-7546 for more details or visit www.afyouthprograms.com for the forms.

52nd MOS bowling

The 52nd Maintenance Operations Squadron will play a few strings at the bowling center Saturday from 2-4 p.m. All squadron members and their families are encouraged to attend. Call Bobbi Hess at 06565-934388 by 4 p.m. today to reserve spaces on the teams.

Services feedback

Saber families can log on to the Interactive Customer Evaluation at <http://ice.disa.mil> and select Spangdahlem to rate various 52nd Services Squadron facilities. The information collected will be used to improve customer service.

Volunteer recognition

Nominations for the 52nd Fighter Wing Volunteer Recognition Award are due to the Family Support Center by March 13. Any member of the Team Eifel community who is registered with the Wing Volunteer Resource Program is eligible to compete. E-mail tammy.kunz@spangdahlem.af.mil or call 452-6422 for details.

Flea market

Spangdahlem Elementary School holds a flea market March 18 from 9 a.m. to 2 p.m. in the school multipurpose room and in building 434. ID cardholders can reserve floor or table spaces for \$5. E-mail mbazan@nationwide.net to make reservations.

Spring crafts

Saber families can decorate a flower pot for free March 8 from 10 a.m. to 1 p.m. in the Bitburg Annex Community Center, building 2012.

Brick House events

- ♦ A dorm dwellers scavenger hunt takes place Thursday at 5 p.m.
- ♦ Musicians jam with Ty Warner Thursday from 8-11 p.m.
- ♦ Country night with DJ Grant March 3 from 9 p.m. to 1 a.m.
- ♦ Chad Carter Band performs rock and alternative March 11 from 9 p.m. to 1 a.m.

Teen center events

Celebrate Shaquille O'Neil's birthday with free throw contests and video games March 6 from 3-8 p.m. in the Bitburg Annex Teen Center. Entry costs \$2 for non-members.

Obedience classes

Obedience classes for dogs take place March 14 from 6-7 p.m. and puppy kindergarten takes place from 7:30-8:30 p.m. at the Pet Spa in Oberweis. Cost is \$60 for dogs and \$30 for puppies. Call Melissa Edgell at 452-9362 for more details.

Toastmasters meeting

Toastmasters, a public speaking enhancement club, meets Tuesdays from 6-7 p.m. in Spangdahlem AB Building 139. Call Tech. Sgt. Nicole Gisel at 452-7775 for details.

Family support center news

Volunteers are needed to help with the Creative Critters program Wednesdays from 10-11 a.m. Tasks include planning and leading structured playgroups for children, ages 18 months to 4 years, and their parents. Activities include singing, marching, dancing and arts and crafts. The playgroups are at the Bitburg Annex Family Support Center building 2001. For details, call Lynn Luria at 452-9491.

SES news

Spangdahlem Elementary School is conducting a child find screening March 3 for 3-4 year olds who may have a suspected developmental delay in the area of language, social, motor, cognitive or self-help skills. For more information or to make an appointment, call Pat Wynne at 452-6881.

Ash Wednesday services

Catholic Ash Wednesday services will be offered Wednesday at 11:45 a.m. at the Spangdahlem AB chapel and at 6 p.m. at the Bitburg Annex chapel. A Protestant Ash Wednesday service will be held at 6 p.m. at the Spangdahlem AB chapel. People unable to attend either services can call the chapel at 452-6711 or 452-6281 to set up an appointment with Chaplain (Capt.) Buddy Walker for the Ash Wednesday mobile wagon, which visits individual work centers for personalized devotions and individual distribution of ashes.

What's happening at Club Eifel This month?

Thursday, March 2 MONGOLIAN BBQ



FUN ASIAN FOOD THAT WON'T COST YOU A FORTUNE

Get as much or as little as you like. Select from a wide variety of meats and vegetables, add sauces and watch the chefs stir fry it to perfection! We even include the fortune cookie... and we'll serve your meal on a plate, not in a cardboard box. It's a fun dining experience you'll want to enjoy again and again.

5-8 p.m.

Club Eifel Members: 60¢ per oz.
Nonmembers: add \$3 to the total cost

Sunday, March 5 Champagne Sunday Brunch

Buffet Includes:

Crab legs • peel n' eat shrimp • warm pancakes • buttermilk biscuits • southern grits • savory grilled home fries • sausage • crispy bacon • scrambled eggs • golden honey fried chicken • steamed buttery vegetables • roasted new potatoes • rice pilaf • full salad bar • omelet bar • Belgian waffles with toppings galore • carved honey cured ham • steamship round of beef • assorted breads and cheese • assorted mouth-watering desserts • and of course, champagne!

Two seatings:

10:30 a.m.-12:30 p.m. & 1-2:30 p.m.

Walk-in's taken on a space available basis,

reservations required to ensure seating

To make a reservation:

Call DSN 452-4639, Mon.-Fri. from 11 a.m.-6 p.m.

RSVP by 2 p.m., Friday, March 3rd

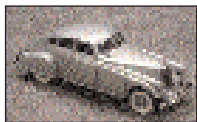
Members: \$14.95

Member Kids, ages 6-12: \$6

Kids 0-5 are FREE!

Nonmembers: \$16.95

Nonmember Kids, ages 6-12: \$7.50



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through March 2. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

The Family Stone (PG-13, 7 p.m.)

The Stones, a New England family, meet the eldest son's high-powered, controlling New York girlfriend and greet her with a mix of awkwardness, confusion and hostility.

Glory Road (PG, 9:30 p.m.)

The true story of the underdog Texas Western basketball team with history's first all African-American starting line-up of players who won the 1966 NCAA tournament title.

Saturday

Glory Road (7 p.m.)

The Family Stone (9:30 p.m.)

Sunday

The Family Stone (4 p.m.)

The Chronicles of Narnia: The Lion, the Witch and the Wardrobe (7 p.m.)

When Peter, Susan, Edmund, and Lucy are separated from their parents in London during the German air raids of World War II they discover a magical wardrobe that transports them to the mystical world of Narnia.

Monday

Glory Road (7 p.m.)

Tuesday

The Chronicles of Narnia (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

In the Mix (PG-13, 7 p.m.)

When the hottest DJ around inadvertently saves the life of a Mafia princess, the reward for his bravery is a job protecting the woman from danger.

Grandma's Boy (R, 9:30 p.m.)

A 35-year-old video game tester has to move in with his grandma and her two old lady roommates.

Saturday

Ice Harvest (R, 7 p.m.)

A dim-bulb lawyer attempts a Christmas Eve crime, hoping to swindle the local mob out of some money, but his partner might have different plans for the cash.

Grandma's Boy (9:30 p.m.)

Sunday

In the Mix (4 p.m.)

Syriana (R, 7 p.m.)

A politically charged epic about the state of the oil industry in the hands of those personally involved and affected by it.

Closed Monday and Tuesday

Wednesday

Syriana (7 p.m.)

Thursday

Grandma's Boy (7 p.m.)



Iris Reiff

Morning show madness

Bernhard Schaefer "hogs the mic" as Bitburg Mayor Dr. Joachim Streit changes his tie after AFN's Airman 1st Class Jeanne Schultz cut the mayor's tie and airtime short during Christy Byers' Wednesday morning show on 105.1 FM. While on air, the 52nd Fighter Wing Community Relations advisor and the mayor shared information about various Fasching events taking place in the local area this weekend. Eifel region Fasching festivities began Fat Thursday, also known as Ladies Day, continue through Tuesday, and end Ash Wednesday, a Christian holy day. Mayor Streit encouraged all Team Eifel members to attend Bitburg's Fasching parade taking place Sunday at 2:30 p.m. down the town's main street. People are welcome to dress up in costumes and to bring their cameras.

Local cross illuminations signify hope for good autumn harvests

By Iris Reiff
52nd Fighter Wing Public Affairs Office

During the next weeks, Team Eifel members may spy bonfires burning in local fields or on hillsides, but there is no need for alarm. The blazes are most likely a holdover from the middle ages.

In the old days, carnival customs often included the chasing away of winter. During parades and plays, men wrapped in straw or twigs were led through the villages -- a custom dating back to the late Middle Ages and early modern times. Sometimes, the figures were dolls made of straw or sticks and were burned as symbols of winter. Another thought is that the bonfires, especially cross illuminations, signified hope for bountiful future harvests.

A similar custom relating to chasing away winter spirits has also been carried on from ancient times. The 150-year-old custom is practiced in the Eifel region and always takes place on the first Sunday in Lent. When passing Eifel villages located east of the Kyll river shore within the Bitburg-Pruem area, and along the way to the Luxembourg-Belgium border, in the south, west and Hocheifel, people may see the so-called Huetten bonfires from a distance, sitting on the highest point of town.

Young locals typically gather around the fire and guard the site until about 8 p.m. Food and beverages keep the party from getting boring. In some villages they wear a specially designed hat and T-shirt with the word "Strohhuette." The oldest male

youth will get on a higher point and read a paper, which was put together by the entire group and covers amusing things that happened in town the past year. Adult locals are welcome to listen and enjoy. After most of the fire has burned down, the youth go from house to house reciting poems or singing songs to earn ingredients for a special dessert.

The young people make a run through town, collecting butter, eggs, flour and milk. With the ingredients, either a bakery or women in town bake waffles for everyone, which will then be consumed at the village hall or guesthouse.

Activities vary from town to town. In some villages they'll take the ingredients to the couple who most recently got married in the community and ask them to bake an egg cake. Only single youth can participate in the event.

Even though most people believe the fire is related to chasing away the winter spirits, there are historical documents that say otherwise. Since "Huette" means stake, the Huetten bonfire tradition is similar to the times when witches were condemned to be burned at the stake. The ritual fire, used for purification and to ward off evil spirits, has a dual meaning.

In former times when farming still played a very important role in the Eifel life, townspeople watched closely what direction the smoke went. If it went over a corn field they believed the next harvest would be rich and good. Although today's farmer no longer depends on this prognosis tool, the Eifel people enjoy and keep carrying on the fun tradition.

Out and About

Team Eifel members are encouraged to dress in their silliest costumes to watch the floats and festivities at the following fasching parades:

♦ Saturday at 3:11 p.m. in Bergweiler.

♦ Sunday at 2:11 p.m. in Spangdahlem village, Wittlich, Salmrohr-Doehrbach, Niederkail, Preist, Bruch and Hetzerath; and Bitburg at 2:30 p.m.

♦ Sunday at 2 p.m. in Orenhofen.

♦ Sunday Rose Monday at 2:11 p.m. in Trier, Speicher, Rittersdorf, Oberweis, Daleiden, Hupperath, Arenrath, Kinderbeuern and Herforst.

♦ Shrove Tuesday at 2:11 p.m. in Minderlittgen and Piesport.

For tickets, call the TV-Ticket-Hotline at 0651-7199-996 or visit the Bitburg TV office, located on Hauptstrasse 39a.

♦ An exhibition featuring a number of spiders takes place now through Sunday at the Information Center of the Naturpark Saar-Hunsrueck in Hermeskeil. The exhibition, under the motto "Fascinating World of Spiders" is open daily from 10 a.m. to 6 p.m., except for Mondays.

♦ See the step dance performance Fire of Dance March 6 at the Saarbruecken Saarland hall.

Sports Briefs

“Hard Spike” volleyball tournament

The men’s and women’s invitational “Hard Spike” volleyball tournament takes place March 18-19 at U.S. Army Garrison at Heidelberg. The tournament format is a round robin event with the best two out of three games advancing to the final round. The cost is \$100 per team and the deadline to enter is March 10. Trophies will be awarded. For details, call Victor Arthur at 632-8027 or e-mail him at victor.arthur@26asg.heidelberg.army.mil.

Women’s soccer team

The Spangdahlem AB women’s soccer team practices each Sunday from 11 a.m. to 1 p.m. at the Skelton Memorial Fitness Center. The team is open to all active-duty members and dependents who are at least 18 years old and not in high school. Local nationals are invited to play. To be a part of the team, e-mail Ross White at elross425@googlemail.com or Steven Haro at steven.haro@spangdahlem.af.mil.

Air HQ Ramstein volleyball tournament

The 2006 CC-Air HQ Ramstein volleyball championships take place March 21-24 in Amsterdam, Netherlands. The tournament is open to all active-duty members assigned to USAFE or on temporary duty to a USAFE installation for 30 or more consecutive days. Players wishing to submit an application must complete the AF Form 303, Request for Specialized Sports Training, and forward to the USAFE Sports Office no later than today. For details, call Tech. Sgt. Patrick Bennett at 496-7934 or e-mail him at patrick.bennett@sembach.af.mil.

Bitburg Bears capture USAFE Ice Hockey Championship

By 1st Lt. Doug Huttenlocker
52nd Mission Support Squadron Manpower Office

The public address system in the Olympic Ice Arena sounded like Charlie Brown’s teacher, saying “wah-wah-wah,” and not one word from the announcer was understandable.

When the 2006 U.S. Air Forces in Europe Ice Hockey Championship all-star team was broadcast as the overall tournament champions, everyone looked around trying to determine which players had been recognized. Fans could be heard asking, “What did they just say?” But in the end it rang crystal clear, “The 2006 champions are the Bitburg Bears.”

The arena at Garmisch-Partenkirchen, Germany, erupted after the Feb. 7-9 tournament as Spangdahlem Air Base Bitburg Bear’s Coach Tom Poeschel, 606th Air Control Squadron, hoisted the first-place trophy over his head. Coach Poeschel directed the entire effort from the first day on the ice in October 2005.

Leadership came from every corner. Goalie Jeff Openbrier, 52nd Component Maintenance Squadron, shut down opponents on breakaways and penalty shots. Terry Courtney, 606th ACS, and Mark Degironimo, an exchange pilot with the

Dutch Air Force, led the offensive charge and acted as constant reminders that the Bears came to win.

Jamie Jordan, 52nd Civil Engineer Squadron, and Tony Retka, 52nd Operations Group, led the defense by protecting the goalie and getting the puck into the offensive zone.

Backup goalie Billy Liska, 52nd Communications Squadron, provided infectious positive energy and motivation. Seven of the eight teams in this year’s tournament were strong and any of them could have won.

The Bears pulled the toughest draw, opening with a tie against three-time defending champs, Geilenkirchen Air Base, Germany. Next came a hard-fought victory against Ramstein Air Base, and the Bears closed pool play undefeated by hammering Supreme Headquarters Allied Powers Europe, Belgium. Next up was Aviano Air Base, Italy, who, with only 10 players, was not able to keep up with the depth of the Bears team.

The finals brought the Bears up against a team from Baden, Germany. The Bears entered the third period with a 2-0 lead and set out to win the tourna-

ment. Baden had other plans and scored two quick goals right off the draw to tie the game. The Bears settled down, took back control and emerged with a 4-2 victory.

Bitburg Bears team members include:

- ♦ Jeff Barr
- ♦ Terry Courtney
- ♦ Mark Degironimo
- ♦ Barry Fairbanks
- ♦ Doug Huttenlocker
- ♦ Jamie Jordan
- ♦ Kamal Kaaoush
- ♦ Billy Liska
- ♦ Chris McDonald
- ♦ Daniel Mongeon
- ♦ Barry Nelson
- ♦ Jeff Openbrier
- ♦ Aaron Poeschel
- ♦ Russ Quinn
- ♦ Tony Retka
- ♦ Gianpierre Salazar
- ♦ Phil Sawin
- ♦ Luke Wallin

BHS teacher says fit students perform better academically

Staff reports

A recent study at Bitburg High School reinforced the belief that maintaining an acceptable level of the five health-related components of physical fitness (i.e. cardiovascular strength, muscular endurance, muscular strength, flexibility and body composition) is recognized as a key element of a healthy lifestyle.

“People who attain such levels of fitness reduce their risks of developing health problems, such as heart disease, low back pain, obesity, and improve their body’s ability to function,” said Denny Lemmon, a physical education teacher at BHS.

The Physical Best Fitness Test was administered to 162 students enrolled in the physical education classes, Mr. Lemmon said.

“Only 18 students passed all five components in the healthy standard. The interesting point is that 16 of the 18 students had a 3.0 grade point average or higher,” he added.

A more detailed study by the California Department of Education shows that students with higher levels of fitness have the potential to achieve higher academic standards. In the study, reading and mathematics scores were matched with fitness scores of 353,000 fifth graders, 322,000 seventh graders and 279,000 ninth graders.

Key findings of the study were:

1. Higher achievement was associated with higher levels of fitness at each of the three grade levels measured.
2. The relationship between academic achievement and fitness was greater in mathematics than in reading, particularly at higher fitness levels.
3. Students who met minimum fitness levels in three or more physical fitness areas showed the greatest gains in academic achievement at all three grade levels.

“This statewide study provides compelling evidence that the physical well-being of students has a direct impact on their ability to achieve academically,” said Delaine Eastin, the California Superintendent of Public Instruction. “We now have the proof we have been looking for: Students achieve best when they are physically fit.”

“Thousands of years ago, the Greeks understood the importance of improving spirit, mind and body. The research presented in this California study validates their philosophical approach with scientific validation,” Mr. Lemmon said.

Superintendent Eastin pointed to physical education as a primary source for promoting physical fitness.

“Every student in California should have quality physical edu-

cation experiences from kindergarten through high school,” she said.

“Physical education is an essential part of the total education program and makes significant contributions toward achieving desirable education and health outcomes through physical activity,” said Dr. Joseph Tafoya, Department of Defense Education Activity Director.

“Quality Physical Education programs promote the physical growth and development of youth while contributing to their general health and well-being,” Mr. Tafoya continued. “Physical education is an integral part of a total educational program that prepares students for the demands of the 21st century. Children and adolescents who are well educated physically are likely to become healthy adults who are motivated to remain healthy and active throughout their lives.”

Mr. Lemmon said that is important to make sure children get quality physical education time every day, and it is never too early to start.

“I believe teaching children to be healthy for life is the most important class you can have in your curriculum,” he said. “The earlier children learn the good habits of healthy living the better chance they will have to maintain those habits for a lifetime.”

52nd MOS conquers raquetball circuit

By Mark Warner
52nd Services Squadron

Congratulations to the 52nd Maintenance Operations Squadron for winning the 2006 Intramural Raquetball championship. Ian Chin and Richard Lewis captured the title after defeating the 52nd Civil Engineer Squadron in the finals. Chin, an all-Air Force raquetball champion, along with Lewis, swept 52nd CES’s Brett Hawk and Brian Welch, 2-0.

Hawk and Welch earned their berth in the championship match after defeating the 52nd Services Squadron in the semifinals. The 52nd CES semifinal victory was a drawn out affair as they split the singles contest, then sealed their victory in the doubles contest over David Koester and Demetrius Harrington.

Saber powerlifters place third in championships

Staff reports

The three-person powerlifting team from Spangdahlem Air Base won third place in both the men’s and women’s categories during the 2006 U.S. Forces-Europe Powerlifting championship Feb. 11 at Landstuhl Fitness Center, Germany.

Jana Evers, 52nd Medical Support Squadron, placed second in her class. Weighing in at 117 pounds, she lifted 221 pounds in the deadlift, nearly double her body weight. She also benched more than 70 pounds and squatted more than 110 pounds during the competition.

Trevis Humphrey, 52nd Aircraft Maintenance Squadron, had only three days to prepare and

jumped right into the competition. Placing fifth, his 530-pound deadlift tied for second in the 242-pound class. He squatted 375 pounds and benched 320 pounds.

Troy Saunders, 52nd Logistics Readiness Squadron, missed the overall win by three points, winning second overall. He won in his class, lifting a total of 1,582 pounds. At nearly 196 pounds, he was the only lifter to triple his body weight in both the deadlift and squats, as well as double his body weight in the bench press at 392 pounds.

To learn more about powerlifting and bodybuilding, e-mail Troy Saunders at troy.saunders@spangdahlem.af.mil.